



SALINA PARKS & RECREATION
THERAPEUTIC RECREATION PROGRAM

NEWS & VIEWS



Healthy Cooking Accessible
\$8/\$13 Limit 8
Mon., March 7

****NOTE!!** This class is now held in the K-State Extension Kitchen at the city/county building, 300 W. Ash St., room 109. Mostly reserved for participants with mobility issues, this class will be held from 3:00-4:30 pm. Participants will help prepare a dish to take home, and help clean up after the lesson. **You may only attend one cooking class to give everyone a chance to attend.**

Bowling I & II
\$7/\$12 per session
Wed., March 9 & 23

Bowl two games each week. Cost includes shoe rental. Please bring money if you wish to purchase food or drinks. Pick-ups begin at 2:00 pm and bowling is from 3:00-4:00 pm at All Star Lanes.

Music Therapy
\$5/\$10
Thurs., March 10

It's music and dancing and instruments, and more!! Come and join us as Debbie Temple leads this fun class! Pick-ups begin at 2:00 pm and this class is from 3:00-4:00 pm

So You Think You Can Dance?
\$8/\$16
Mon., March 14 & 28

It's back after a winter hiatus! Do you love music? Do you like to dance? Need a little exercise? Let Morgan & Megan teach you some fun dance moves! Pick-

ups start at 4:30 and the class runs from 5:30-6:30 pm at Friendship Center.

Mileage Club
\$5/\$13
Wed., March 16 & 30

Mileage Club participants receive "Toe Tokens" for each mile walked plus additional incentives for goals reached. This month we will walk at Jerry Ivy Park. In case of inclement weather we will walk at the mall. Pick-ups begin at 2:00 pm and we will walk from 3:00-4:00 pm.

Cooking Class Non-Accessible
\$8/\$13 Limit 8
Fri., March 18

Join us at the Salina Emergency Food Bank for a cooking lesson from 3:00-4:00 pm. Participants will help prepare a dish to take home, and help clean up after the lesson. Pick-ups begin at 2:00 pm. **You may only attend one cooking class to give everyone a chance to attend.**

Afternoon Movie
\$10/\$15
Mon., March 21

Join us for a movie at the AMC theaters in the mall. Pick-ups begin at 2:45 pm. When we get to the mall, you'll choose a movie to watch. ****We are now offering the option of pre-paying for your snack when you enroll. This will eliminate the necessity of you bringing extra money to the theatre. Your snack choices will be:**

2 hot dogs/large drink

Nachos/large drink

Pretzel/large drink

Small popcorn/large drink

Senior Combo + 2 hotdogs
(12 oz drink & 46 oz popcorn)

Kids Combo + 2 hotdogs
(12 oz drink, popcorn, and either skittles or M & M's)

You will just need to tell staff which option you want when we get to the theatre.

Art Class
\$10/\$20 (see notice below)
Fri., March 25 & April 1

NOTICE For March and April we will be doing a 2-part craft. We will be making washer necklaces. In March we will paint them. Since they will need time to dry/cure we will continue the craft in April. That is when we will string them and turn them into necklaces. **You MUST attend in March in order to attend the class in April!!** **The cost above is for BOTH months.** Pick-ups



How to contact us

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